

**Crew Rest**

GMT	Crew	Activity / <i>ODF or R/G</i>
06:00–06:10		Morning inspection
06:10–06:40		Post-sleep
06:40–07:30		BREAKFAST
08:35–08:50	FE-1	PRIVATE PSYCHOLOGICAL CONFERENCE
10:11–10:26	PLT	
11:40–11:50	FE-1	Downlink ??? and ?? counter data
12:00–13:00		LUNCH
18:55–19:10	CDR	PRIVATE PSYCHOLOGICAL CONFERENCE
19:30–20:00		DINNER
20:00–20:30		Daily food ration prep
20:30–21:30		Pre-sleep
21:30–06:00		SLEEP

End of radiogram